



One of the biggest personal transformations I have noticed since the completion of my project is a greater appreciation for and understanding of being a team player. Never before had I had a hand in planning an event as large as the American Heart Association's annual Heart Walk. I had not realized the extent of attention to detail as well as having the confidence to rely on others that they will complete their tasks that is demanded by such a large event. This realization also influenced me to always be putting forth my best effort, especially because I knew that the success of my coworkers' endeavors, as well as the event as a whole, depended on it. This project has inspired me to always go the extra mile, and has also shown me how easy this can be when you are working toward a cause that you are passionate about.

# The American Heart Association

This summer, I worked with the American Heart Association here in Columbus as a Heart Walk intern. The Heart Walk is an annual 5K put on by AHA branches nationwide in order to raise money for the organization. In preparation for this event, I aided with contacting and organizing volunteers, coordinating route entertainment, and producing print and digital materials for communication to the community and to donors in regards to the Heart Walk and other American Heart Association events. In addition to these tasks, I also performed other daily office operations.



I am currently a senior studying marketing on the pre-nursing track. With that being said, this internship was the perfect fit for me as it combined my 2 passions: healthcare and business. I believe that this was a great introduction to the real world of business as well as all the happenings of working in an office. This position also provided me with the opportunity to prepare and disperse educational materials related to CPR training and lifestyle advice to maintaining overall heart health. I am grateful to have had an opportunity to raise awareness as well as funding for a cause which I am enthusiastic about. I believe that this opportunity will put me in a better position moving forward with my career as a nurse, as I have had the chance to hone my skills and understand my strengths and weaknesses

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I also had the privilege of taking photos at the survivor finish line of the heart walk, which is a special area at the end of the race for those who have battled heart disease. At the survivor finish line, they are greeted with cheers, handshakes, and a medal from all of us at AHA. I found myself getting emotional seeing the love and support surrounding the survivors as well as the strength which allowed them to still be here today.



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